

## How to Study at Home

**Studying at home can be absolute bliss. You get to wake up, make some coffee, and hang out in your pyjamas all day. That is, until you realize you've barely gotten anything done!!!**

**Try to incorporate this helpful tips to help you stay on top of your study while you are studying at home.**

### 1. Have a routine

- Set a time to wake up, have breakfast, get dressed, and begin studying.
- A routine provides a structure to get things done and frees you up to plan for time *not to study* too.



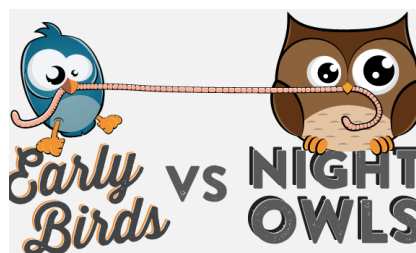
### 2. Create a timetable

- Creating a timetable helps organize your time, schedules your breaks, and is especially useful when you have multiple subjects to study.
- Write your schedule down so you can remember it and refer to it often ([using 5 Ways to Manage & Make Time worksheet](#)).
- Set reasonable limits for how much time you spend studying each day, and break your study session up into manageable chunks of time.



### 3. Study At The Right Time

- Every student has his or her own daily highs and lows. Some people are night owls while some people prefer the morning.
- Take advantage of the time of the day you feel most productive, and don't try to force yourself to study when your brainpower isn't at its peak.
- Try to study when you are most alert, so you are able to process and retain the information that you are studying.





#### 4. Have A Designated Study Area

- Whether it's the kitchen table or the desk in your bedroom, create an area to study that is a designated study zone.
- Your study space should have good natural lighting and no noise and distractions.-
- This will help you enter a positive headspace for high performance. Most importantly, keep your study space clean and organized so you can put more time into studying (and less trying to find a pen that works).

#### 5. Don't work from your bed



- Yes, bed is comfy and can be tempting when you are sleep deprived. But sitting on your bed when studying promotes poor posture, which will decrease your focus.
- Additionally, crawling into bed at night won't provide the same sense of restful relief if you have been using it as a study station all day.

#### 6. Eat Properly

- Don't forget to eat! Your body (and your brain) needs fuel to help stay in top form. Plus, it's difficult to focus when your stomach is growling.
- Have healthy snacks while you study, but make sure they're prepared in advance so you don't spend too much time away from your work. More time away means more opportunity to be distracted!



#### 7. Take breaks

- Aim to have a few minutes away from your desk every hour in order to stretch your muscles and take a little walk.
- Taking regular breaks improves performance and boosts energy

#### 8. Use your social support system

- When you're working from home, don't feel isolated – stay properly plugged into your social support system of family and friends by chatting online, taking time for phone calls and meeting in person.
- Alternatively, connect with classmates working remotely, because wherever they are in the world, they're perfectly placed to empathise and provide support.

